

What's on

March 2024 - Renfrewshire



Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them.

Contact Katie for details on any of the groups Email: krobinson@alzscot.org or Tel: 07795257195

In Person Group		
Fri 1 March	Keep Fit Class Paisley North Church, Paisley, PA3 4AB	1.30-2.30
Wed 6 March	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Fri 8 March	Cuppa And A Chat Morrisons Café, Johnstone, PA5 8SF	10.30-12.00
Fri 8 March	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30
Mon 11 March	Football Memories St Mirren Park, Paisley, PA3 1RU	2.00-3.30
Tues 12 March	Singing Buddies Paisley North Church, Paisley, PA3 4AB	1.30-3.00
Wed 13 March	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 14 March	Houston Hello Café West Halls, Main Street, Houston	2.00-4.00
Fri 15 March	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30

Wed 20 March	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 21 March	Carers Support Group 32, Riccartbar Avenue, Paisley, PA2 6BG	10.30-12.00
Thurs 21 March	Drop In Café St Mark's Church, Paisley, PA1 3DL	2.00-4.00
Fri 22 March	Cuppa And A Chat Morrisons Café, Johnstone, PA5 8SF	10.30-12.00
Fri 22 March	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30

Mon 25 March	Football Memories St Mirren Park, Paisley, PA3 1RU	2.00-3.30
Tues 26 March	Singing Buddies Paisley North Church, Paisley, PA3 4AB	1.30-3.00
Wed 27 March	Lunch Club	12.30
Wed 27 March	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 28 March	Houston Hello Café West Halls, Main Street, Houston	2.00-4.00

Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising/>

